

## Small acts of kindness that make a big difference in the world.

Reasons to spread good cheer:	Fun ideas to volunteer and be good (con't)
<ul style="list-style-type: none"> <li>• To help others</li> <li>• To meet new people</li> <li>• To make a difference</li> <li>• To have fun</li> <li>• To feel better about yourself</li> <li>• To feel an increase sense of community</li> <li>• To increase your productivity</li> <li>• To learn a new skill</li> <li>• To use skills you already have</li> <li>• To give hope to others</li> <li>• To help make others happy</li> <li>• To help the environment</li> <li>• To feel valued and appreciated</li> <li>• To give your life purpose</li> <li>• Because it makes you feel good!!</li> </ul>	<ul style="list-style-type: none"> <li>• Write a thank you note to a friend, or local trash collector, or just anyone</li> <li>• Be polite and say 'thank you.'</li> <li>• Donate your old cell phone</li> <li>• Volunteer to help kids after school</li> <li>• Go green</li> <li>• Reuse plastic bags until they're worn out</li> <li>• Create a compost in your backyard</li> <li>• Send your mom flowers</li> <li>• Send your friends flowers</li> <li>• Send your sister flowers, (see where I'm going with this?)</li> <li>• Help build wheelchairs</li> <li>• Join/Volunteer for Habitat for Humanity</li> <li>• Help abused women</li> <li>• Wash your partner/spouses car</li> <li>• Give your siblings a break, babysit for the night</li> <li>• Smile at someone</li> <li>• Be encouraging and positive</li> <li>• Honor a local hero/war veteran</li> <li>• Leave change in a soda machine</li> <li>• Clean out your closet and donate your extra clothes</li> <li>• Get a penpal</li> <li>• Leave an inspirational book on a bus or train</li> <li>• Lend an ear. Listen.</li> <li>• Give books to young adults</li> <li>• Create beauty</li> <li>• Put out a bird bath</li> <li>• Walk the dogs at a local animal shelter</li> <li>• Wash your neighbors pet</li> <li>• Adopt a tiger, lion or giraffe at a local zoo</li> <li>• Participate in a beach clean up</li> <li>• Recycle</li> <li>• Pay the toll for the person behind you.</li> <li>• Put a nice note in your child's lunchbox.</li> <li>• Record the memories for seniors in a local elderly home</li> <li>• Send an anonymous gift to a friend</li> <li>• Write a note to a boss who helped you</li> <li>• Deliver fresh cookies to election volunteers</li> <li>• Give blood</li> <li>• Have a clean up party in the park</li> <li>• Shovel your neighbors driveway</li> <li>• Support local mom and pop stores</li> </ul>
Fun ideas to volunteer and be good.	
<ul style="list-style-type: none"> <li>• Plant/sprinkle flowers randomly</li> <li>• Start a community garden</li> <li>• Get involved on local committees/politics</li> <li>• Volunteer at a local library</li> <li>• Tutor for an ESL program</li> <li>• Volunteer with children</li> <li>• Volunteer with animals at your local shelter</li> <li>• Donate goods to your local shelter</li> <li>• Volunteer your time at a senior home</li> <li>• Sit with an elderly person and just talk</li> <li>• Join Big Brothers &amp; Big Sisters</li> <li>• Host a fund raiser for your favorite charity (make it an annual event)</li> <li>• Give a homeless person a pair of socks</li> <li>• Give a homeless person food</li> <li>• Give a homeless person a blanket</li> <li>• Have a yard sale and donate proceeds to a local charity</li> <li>• Buy a gift for a needy child at Christmas</li> <li>• Volunteer at a soup kitchen</li> <li>• Cut your neighbors grass</li> <li>• Pick garbage up – wherever you are</li> <li>• Plant a tree</li> <li>• Donate money to save a music program</li> <li>• Hug everyone in your house</li> <li>• Put money in a meter that's out of time</li> <li>• Randomly pass out postage stamps</li> <li>• Give fresh produce to an elderly neighbor</li> </ul>	